

French Dressing, Reduced Fat&Sodium180

Number of Servings: 180 (31.78 g per serving)

Amount	Measure	Ingredient
5 3/4	lb	Soup, tomato, cond, cnd
6.00	cup	Oil, canola
4 1/2	cup	Vinegar, cider
4 1/2	cup	Sugar
2 1/4	tsp	Spice, garlic Powder
6 3/4	tsp	Spice, mustard seed, ground
2 1/4	tsp	Spice, pepper, black
1 1/2	Tbs	Spice, celery seeds

Nutrients per serving

Nutrition Facts	
Serving Size (32g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 0g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Combine ingredients except for celery seed, may use blender to make smooth. Add celery seed if desired (optional).
Refrigerate. Shake well before serving.
Serve 2 T per serving
2 T = 8 grams fat, 90 mg sodium, 6 grams CHO

Regular French dressing has sodium in the 200-300 mg range and is higher in fat and does not fit into guidelines